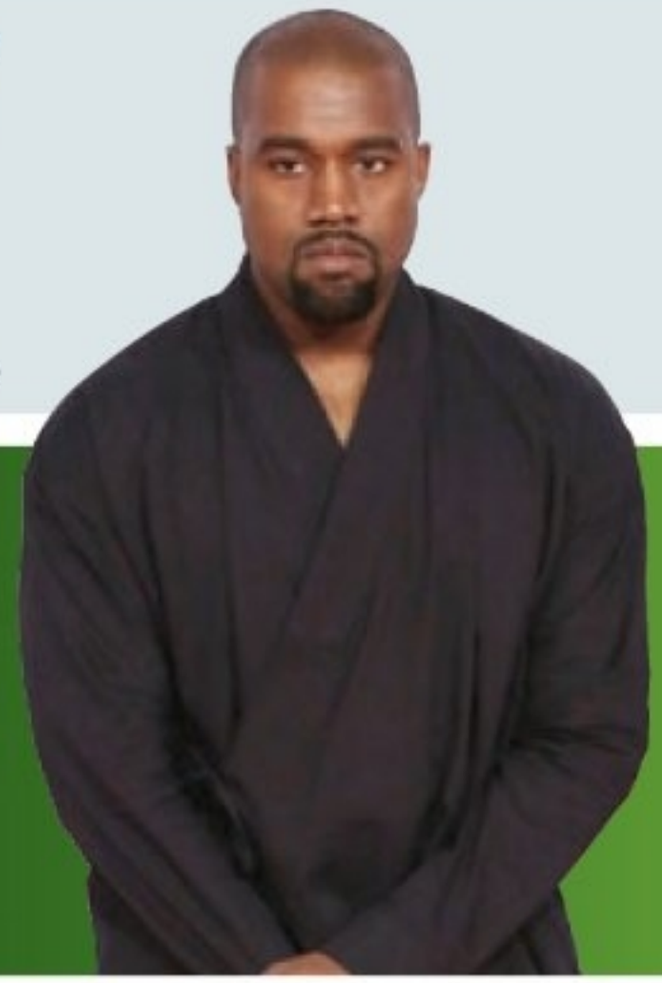
KANYE IMPOSES STRICT NEW RULES FOR KIM

KANYE WEST FINDS A WAY TO KEEP HIS WIFE OFF HER PHONE. PAGE 10



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HYPED UP

Eagles preseason. The Eagles' performance in all three preseason games has a lot of people believing the team can go all the way — including columnist Glen Macnow. PAGE 20

The Eagles have absolutely demolished opposing defenses this summer, but will it carry over to the regular season? Much more Eagles coverage on pages 18-19. / GETTY IMAGES

Urban cowboy surrenders three horses

PAGE 02

What gets served to Novak Djokovic?

PAGE 16

Learn about the making of 'Drunk History'

PAGES 12-13

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1 NEWS

Top 3

The best of Metro.us

1 PHOTOS: Philly Naked Bike Ride 2015 (NSFW)

2 The six craziest moments at the MTV Video Music Awards 2015

3 Every single one of Miley Cyrus' MTV Video Music Awards 2015 outfits

On the go

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Urban cowboy cedes his horses to PSCPA

Animal rights. A horse lover whose animals were found malnourished signed over his horses.

Derrick Hamm, top, shows a picture of Monster Man, his beloved chestnut stallion. The PSCPA in March found Hamm's pony Justice at this stable where Hamm's three horses were kept. / SAM NEWHOUSE/PROVIDED

In a last-ditch attempt to get back the horses that he loved dearly, Derrick Hamm, 49, appealed his previous conviction for animal cruelty at a hearing on Monday.

"Miracles do happen," Hamm said before the appeal hearing on his summary conviction from June. "I bet they ain't ever seen nobody want horses this bad."

Hamm was convicted on three counts of animal cruelty in June for keeping horses in a muddy, debris-strewn lot on Grays Avenue in Southwest Philly, and he appealed the verdict mainly to get back his horses — which were confiscated by the Pennsylvania SPCA.

PSCPA humane enforcement officers said that in March they found Hamm's horses — Monster Man, a chestnut gelding; Truth, a pony; and Justice, a cremello stallion — living hoof-deep in a mix of manure and urine.

They also said the animals did not have access to sufficient water, had chewed off the bark of nearby trees due to hunger, and their hooves were overgrown, causing the animals pain.

"You shouldn't go around being cruel to animals," Judge Barbara McDermott told Hamm during his hearing, where his lawyer had received an offer from prosecutors to have his restitution fees reduced from $4,500 to $1,750 if he agreed to plead guilty.

"Now, do you want a trial today or do you want to enter a plea?"

"Yes, I'll take the trial," Hamm said, as the attorneys who worked out the agreement recoiled in shock.

However, after a conference with his lawyer John Raimondi, Hamm returned and pleaded guilty.

"He is a good person, but unfortunately the animals were not in the condition they should have been. The SPCA was justified in taking the animals," Raimondi said.

Hamm continues to deny any intentional cruelty, but said he won't attempt any further appeal, and that he may seek volunteer opportunities at horse farms to keep spending time with animals.

"I'm a recovering addict — I need the horses for therapy for my bipolar and my schizophrenia," he said. "Would I tattoo these horses all over my body if I wanted to be cruel to them?"

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

City of horses

Urban equestrianism is a thriving subculture in Philadelphia, but one often shrouded in secrecy. The law requires the horses be kept in better conditions than many riders can afford, experts say.

- Full-care stables can cost $5,500 a year, and self-care stables where the owner provides supplies cost $150 a month.

Quoted

"I'm a recovering addict — I need the horses for therapy for my bipolar and my schizophrenia."
Hamm

Jail. Suspect charged in hit-and-run death of off-duty cop

Officer Lamar Poole Sr./ PROVIDED

A 59-year-old man was under the influence of drugs or alcohol when the car he was driving slammed into an off-duty Philadelphia police officer who was riding his motorcycle Sunday.

The driver was caught shortly afterward due to the efforts of a Good Samaritan, who followed the striking auto.

Louis John Vogwill was charged Monday with involuntary manslaughter, vehicular homicide and homicide by vehicle while under the influence of a controlled substance for a crash that killed Officer Lamar Poole Sr., an 18-year veteran of the department.

Poole, who was assigned to the 12th District, died Sunday at Aria-Torresdale Hospital from injuries he sustained from the crash.

Police say both vehicles were crossing Roosevelt in opposite directions when Vogwill made a left turn, pulling in front of Poole's motorcycle.

Vogwill left the scene but was followed by a tow-truck driver who witnessed the accident and later called police.

Poole's death was the second off-duty crash that killed an officer in as many weeks.

DAN KELLEY

Louis John Vogwill / PROVIDED

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Liquor board exec pleads guilty to kickbacks

State stores. James Short pleaded to accepting gifts from vendors seeking favors.

The former director of marketing for the Pennsylvania Liquor Control Board will plead guilty to accepting kickbacks from companies seeking to get their wine and spirits in state liquor stores, according to court documents.

James Short, 50, accepted all-expenses-paid trips, meals and tickets to sporting events from two companies, which are not named in court documents but are referred to as some of the liquor control board's biggest vendors.

"He accepts responsibility," said Short's lawyer, Christopher Hall.

The agency, which holds the monopoly on liquor and wine sales in Pennsylvania, is one of the largest purchasers of alcohol in the world, federal prosecutors say.

The guilty plea marks a new turn into a long-running ethics investigation of liquor control board executives.

A trio of Pennsylvania Ethics Commission reports issued in 2014 disclosed a culture of fairly cozy relationships between executives at the commission and vendors.

Those ethics reports show that executives at the agency, including Short, accepted trips and meals from numerous vendors.

Short is charged with accepting pricey gifts from two vendors — reportedly gift cards to boutique stores and an iPad.

DAN KELLEY
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dan.kelley@metro.us

Illegal gifts

Reports say Short got an iPad and accepted gift cards from vendors from:

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Playground's new look

The Ralph Brooks Playground at 20th and Tasker streets in Point Breeze was rededicated Monday after $450,000 of renovations and improvements. The park is named after a 7-year-old who was shot at the park in 1988 and left paralyzed, which galvanized community anti-violence activism.

CHARLES MOSTOLLER

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Kensington

Suspect turns self in for fatal hit-and-run

Miguel Colon, 22, turned himself in Monday to face charges for his alleged involvement in an April 13 hit-and-run that killed a 2-year-old boy.

A 19-year-old mother and her young son, David Aliea, were struck by a white 2006 Infinity while crossing the street near Lehigh Avenue and Mascher Street around 7 p.m. that night.

The woman survived, but the child later died at St. Christopher's Hospital.

Police identified Colon as the suspect wanted for the crime on Friday.

The fatal hit-and-run coincidentally occurred the same day that a 4-year-old was killed in a hit-and-run in West Philly. A 27-year-old woman was charged in July for that crash.

METRO

Pressure mounts on Philly DA over porn email scandal

Philly. Activists are outraged over the contents of controversial emails unsealed last week.

DA Seth Williams, left. One of the images, right, that was swapped among lawyers at the state AG's office before AG Kathleen Kane was elected was unsealed last week. / CHARLES MOSTOLLER/PROVIDED

Activists are pressuring Philadelphia District Attorney Seth Williams to deal with two prosecutors ensnared in a scandal over pornographic emails sent on state computers.

The emails were unsealed by the Pennsylvania Supreme Court on Thursday as part of a tangled, years-long tale of intrigue stemming from the investigation into Attorney General Kathleen Kane.

The prosecutors, Frank Fina and Marc Costanzo, are both veterans of the Pennsylvania's Office of the Attorney General, where they allegedly sent and received the emails.

Kane, who is facing perjury charges over the alleged leak of grand jury information, contends that the investigation into the leak was manufactured by Fina in revenge for uncovering the emails.

"DA Seth Williams should relieve Fina of all duties immediately," said ethics activist Gene Stilp in a statement calling for Williams to fire Fina issued Monday.

The Philadelphia chapter of the National Organization for Women stopped short of calling for Williams to fire Fina, but in a statement said, "There must be consequences for such behavior.

"That Frank Fina was involved in prosecuting sex crimes makes this all the more egregious," NOW's statement said. "This gross misconduct points to the culture of misogyny and racism that permeates the highest levels of government."

The Philadelphia District Attorney's Office said last week that the office was reviewing the issue. A spokesman said Monday that they were working to get that review done as quickly as possible.

Quoted

"It is time for the office of Philadelphia to disassociate itself from Fina and any other colleagues involved in the original and unseemly mess inside the previous attorney general's offices."

Stilp

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@MetroPhilly
dan.kelley@metro.us

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White House. Obama considering array of options for closing Gitmo

The White House is considering a "wide array" of options for closing the U.S. military prison in Guantanamo Bay, Cuba, spokesman Josh Earnest said on Monday, declining to rule out executive action as an option.

Earnest said the best route for closing the prison would be winning congressional approval to do so.

The White House said last month that it would soon be sending a plan to Congress to close the prison, which President Barack Obama has made a priority.

Asked if Obama would consider taking executive action to close the prison if Congress blocks him, Earnest said, "The president and his team are always considering a wide array of options.

"But the fact is the best way for us to do this is for members of Congress of both parties to work effectively with the administration," Earnest said.

Detainees stand during an early morning Islamic prayer. / GETTY IMAGES

Closing the prison is likely to involve transferring some detainees to prisons within the United States. Republicans have barred those transfers and already have begun to push back against suggestions floated by the administration as possible host sites.

Defense Secretary Ash Carter said on Aug. 20 that a U.S. Army delegation had visited a potential facility in Leavenworth, Kansas, and would soon tour the U.S. Naval Consolidated Brig at Charleston, South Carolina. REUTERS

Quoted

"We are not going to allow any terrorists to be housed in Charleston."

South Carolina Gov. Nikki Haley said at a news conference.

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Five things you

1 Houston-area deputy shooting suspect appears in court

A 30-year-old Houston man facing a charge of capital murder in the killing of a deputy was arraigned on Monday in a case the county sheriff tied to the Black Lives Matter campaign against police violence.

Shannon Miles did not enter a plea at the court proceeding, where Harris County District Attorney Devon Anderson detailed the case against him.

Miles, who is being held without bond, is accused of fatally shooting Deputy Darren Goforth in the back on Friday evening at a Houston-area gas station as Goforth fueled his patrol car.

Deputies found Goforth face down in a pool of blood near his patrol car, dead from multiple gunshot wounds, Anderson said in court. Fifteen 40-caliber shell casings were around him, she said.

Surveillance video showed a black male shooting Goforth, a 10-year veteran officer, in the back of the head and standing over Goforth and shooting more, Anderson said.

Deputies searched Miles' garage and found a loaded 40-caliber gun and the same brand of ammunition as the casings found at the scene, Anderson said. Forensic testing determined the gun was the one fired at the scene, she said. REUTERS

MILES

2 Hurricane Fred forms in the Atlantic

Hurricane Fred strengthened Monday in the eastern Atlantic as it approached the Cape Verde islands, while the remnants of Tropical Storm Erika brought flooding to parts of South Carolina, according to U.S. forecasters.

The center of Fred is expected to pass near or over the northwestern Cape Verde islands, an archipelago off the west coast of Africa.

Fred had maximum sustained winds of 85 mph but was expected to gradually dissipate after passing the Cape Verde islands, the National Hurricane Center said.

Fred was not expected to threaten the Caribbean or the United States. REUTERS

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need to know

Hillary Clinton supports ban on bonuses

Hillary Clinton endorsed a proposed law that would prevent corporate firms paying bonuses to their executives for leaving to take senior government jobs.

Clinton, in an op-ed published by the Huffington Post, was critical of the "so-called revolving door" between government and Wall Street firms in particular, saying it erodes public trust "if a public servant's past and future are tied to the financial industry."

Support for the proposed Financial Services Conflict of Interest Act has become a sort of litmus test for the Democratic Party's progressive wing. REUTERS

Arizona mother accused of drowning twin sons in bathtub

An Arizona woman was arrested for murder on Sunday on suspicion of drowning her 2-year-old twin sons in a bathtub and attempting to do the same with another child, authorities said.

Mireya Lopez, 22, was taken into custody at a suburban residence west of Phoenix, facing two counts of first-degree murder and one count of attempted murder, police said.

"She was very open and honest with our investigators that she did it," said Sgt. Brandon Busse, an Avondale, Arizona, police spokesman. The motive, however, was not immediately clear. REUTERS

ELEVATED

Dating site aims to mix work with pleasure

EHarmony plans to launch its recruitment service — Elevated Careers — in 2016, and it expects the business to contribute about 60 percent of the company's revenue within three years.

In the meantime, visitors to elevated careers.com can sign up either as a job-seeker or recruiter.

Work on the project has been underway for more than a year. "It's so important that Elevated Careers is developed to eHarmony standards via client feedback," a spokeswoman said. REUTERS

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2

CULTURE

Twitter feed

Today, Judd Apatow has trained his iPhone well, Kathy Griffin is having a laugh and Kerry Washington is feeling fulfilled.

@JuddApatow: Any word with a B in it autocorrects to Beyoncé with that thing over the e. Try it!!!

@kathygriffin: I LOVE genuinely awkward moments like Kanye's presidential announcement where we really don't know yet if he's kidding.

@kerrywashington: I spent all day working with some phenomenal women that I respect & admire on a project that I hope will bring a smile to your hearts.

1

Kanye West has some weird rules for Kim

Kanye West continues to do the impossible. This time, he's making me feel bad for Kim Kardashian. Gobsmacked sources claim that West has added a brand-new entry to his list of strict rules Kardashian must adhere to when it comes to her appearance and behavior. The new latest? She apparently has to make sure to "never let her gaze leave the stage" when her husband is performing, according to Radar Online, with sources claiming the rule was established after West spotted her texting during one of his gigs. "Kanye was furious and told her how disrespectful it is to him as an artist," a source says. "Kim's now terrified to turn to speak to someone when she's in the audience." Instead, she's supposed to "look mesmerized" by his "genius" for the entire set. Seems reasonable.

"It's just another new law in a long list of rules, from Kim's wardrobe, hair and body shape to who she can and can't talk to," the source explains. "How long she's going to put up with this is anyone's guess." I don't know — if he's asking Kim Kardashian to not look at her phone, I'm guessing she's not going to put up with it for very long.

WE CAN ONLY HOPE THAT THIS WASN'T DURING KANYE'S PERFORMANCE.

ALL PHOTOS GETTY IMAGES

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

2

Shia LaBeouf finds a girl on his hair level

Shia LaBeouf has apparently moved on following that awkward videotaped fight with Mia Goth, and this time he's found someone who shares his passion for grungy, braided and matted hair. LaBeouf was spotted out and about holding hands with his "American Honey" co-star Sasha Lane and her impressive hair, both of their braids bopping along on their probably not recently washed heads. The question stands, though: If they're busy having lunch in L.A., aren't they missing Burning Man?

USMAGAZINE.COM

3

Wait, Chet Haze is missing?

So, anybody seen Chet Haze? The obnoxious rapping offspring of Tom Hanks has apparently been AWOL for a month or so, at least according to Star magazine's crack team of investigators. Haze last communicated with the world via an Instagram post on July 23, saying he was "gonna go get my mind right." And after that, "a month went by without a word from Chet — not even a single phone call to his family or friends," a source tells the magazine. "It's like he's fallen off the face of the earth."

Well, not completely fallen off, as apparently someone's been tracking his cellphone's GPS, which allegedly reveals he's in the meth-filled desert town of Barstow, California. This certainly won't end poorly.

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Sorry, Frank. It's time for things to get tougher for you. NETFLIX

How to change 'House of Cards' in Season 4

Streaming. The political drama needs to shake things up a bit.

The three seasons of "House of Cards" have taken Frank Underwood from a powerful but low-profile position as majority whip to president of the United States. It's been a pretty impressive couple of years for Mr. Underwood (helped along, of course, by a series of betrayals, lies and the occasional murder), but we wonder if the show hasn't lost something by having him rise so quickly. We have a few ideas about how they can turn things around.

The fall of Frank Underwood

With Claire (spoilers, if you're behind on your Netflix duties) leaving him and his empire teetering, the next season seems likely to be about Frank's downfall. Great! The character so far has been perpetually smarter than everyone else, and it's time for some payback. Having Frank resort to desperate measures to maintain his throne would be tons of fun.

Give us a little info on the Underwood marriage

Throughout the run of the show, the marriage of Frank and Claire has been the near-silent third lead on the show. Is Frank gay? How much of their unusual marriage is openly discussed between them? While the mystery has worked, Claire leaving creates an opening to learn what's really been going on.

Kill off Doug

While we're big fans of Michael Kelly's performance as Underwood's merciless right-hand man Doug, his plots have taken him further and further afield. And his slow stalking, kidnapping and eventual murder of a woman whose connection to the main story no longer even exists took things to an unnecessarily grim place. This show may be cynical and soapy, but everything with Doug seemed like it came from some other, bleaker show. Just write him off already.

LISA WEIDENFELD
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Brush up on your

Interview.
"Drunk History" mastermind Derek Waters shares a few tricks of the trade.

We've all been at a party where someone who's had a bit too much to drink tells an endless story. It can get tedious. But what if you saved the audio and had celebrities act out what they were saying? Oh, and the stories are about famous figures in history, so you get Abraham Lincoln rambling along in the voice of a drunk person. The result is pretty funny, which is why "Drunk History" graduated from being a very popular YouTube series to a Comedy Central show. The fourth season premieres today and we talked to creator Derek Waters about what it's like to work on the show.

Which celebrities are appearing this season?
It's the best cast. The ones that come out easily to say are Octavia Spencer, Will Ferrell, Sam Rockwell, Dennis Quaid, Parker Posey, [who's] one of my all-time favorites. Jason Alexander.

And what events will they be portraying?
We got 39 brand-new stories. With Octavia Spencer, she is playing Harriet Tubman. We've all learned about her as someone freeing the slaves, but she was also a spy, which very few people know. That is in our themed episode all about spies, which is also where Will Ferrell plays Roald Dahl, the children's book author who was also a British spy.

The drunk narrators are all from the comedy scene. Is it hard to get them to stick to their stories?
I wouldn't compare it to a lion tamer, but there are certain things I've learned that you have to expect to happen. The first hour and a half is usually like any human being would do, trying to be funny. I always say the only thing worse than trying to be funny is watching someone try to be funny. But that's just the nature of the beast. You combine alcohol and a camera with someone who does comedy — that's just going to happen.

"Drunk History" returns tonight at 10:30 on Comedy Central. / COMEDY CENTRAL

How do you know when they're at the right level of drunk to tell the story?
As soon as someone tells you a story, or even says one thing, like, "Did I tell you he had a mustache?" and they've told you that about eight times, you know, OK, this is a certain level of drunk where they don't need to drink anymore — let's start talking.

Why history?
The idea started with a friend, the actor Jake Johnson ["New Girl"], telling me a story about Otis Redding that I wanted to reenact, but I still don't think the story he told me was true. I think everyone gets drunk and talks about music, so I wanted to find

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(drunk) history

Expert advice

What's the best storytelling drink?
In my opinion, it's whiskey because it's smooth, and it also makes you feel smart.

It's good to feel smart while you're talking about history.
It gives you a sense of confidence and strength.

That would be my guess. Wine makes you fall asleep and talk forever — you fall asleep talking. And tequila makes you crazy. No question about that.

Because I'm not a fan of puking. Contrary to popular belief, I am not a fan of vomiting. But I am a fan of the comedy of someone puking while they're telling the story, and then after they vomit, they still want to tell you the story. That I'll always find funny.

something that people don't get drunk and talk about, and something that, when someone messes up, you could kind of know where the mistakes were.

Do people puke often?
Thank God, not as much.

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Aries Work alone and avoid confrontations. The busier you are, the less time you will have to work yourself into a state of duress.

Taurus Financial gains will be made if you do your homework. Consider the fallout that will ensue if you get involved in a dubious situation.

Gemini Make a difference. Get involved with an organization or political group, and set the stage to make beneficial reforms.

Cancer Think before you speak. Emotional confrontations are inevitable if you are critical. Don't expect everyone to agree with you.

Leo Consider starting a small business or partnership with someone you feel akin to. Present and promote what you have to offer.

Virgo Improvements to your living quarters will increase their appeal and value. You will find an unusual way to drum up the funds you need.

Libra The more help you offer, the more you will receive. Join forces with others to help a cause and together you will make a difference.

Scorpio Ask for a raise, or consider starting your own business. Highlight your unique qualities to those in a position to help you out.

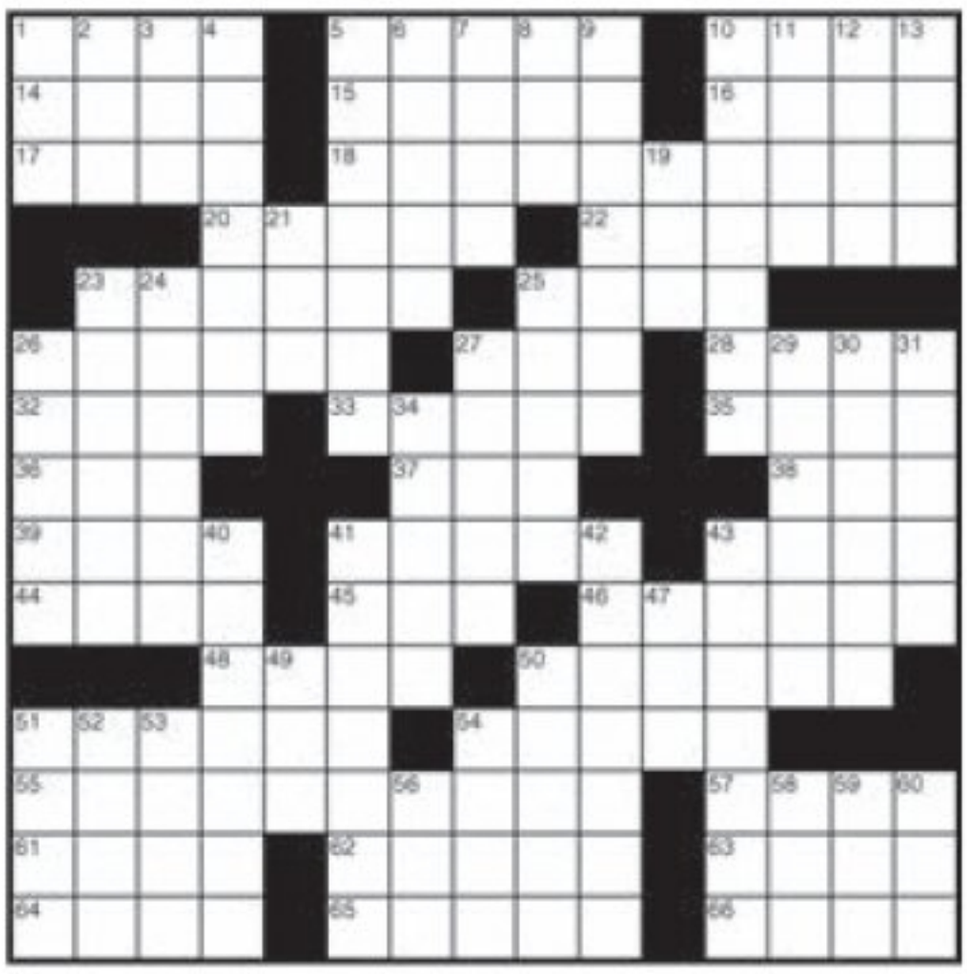
Sagittarius Attempting to live up to another person's expectations is a waste of time. Take the path best suited to bring you self-satisfaction.

Capricorn Check out property investments to get an idea of the options available to you as well as the corners you must cut to take on expenses.

Aquarius Someone you have not heard from lately will surface. Once you finish your responsibilities, treat yourself to a day trip.

Pisces Things will run smoothly if you go with the flow. Complete your tasks without complaint and offer to help someone unfortunate. EUGENIA LAST

metro.us/crossword



Across

1 From a distance
5 Copy
10 11th-grade exam
14 Car with a bar
15 Fridge maker
16 Lo-cal
17 Toll-booth site
18 Like eggs or bosses, maybe (hyph.)
20 Custom
22 Takes the dais
23 Jiffy
25 Hall-of-Famer Ty —
26 Kind of bicycle
27 John — Passos
28 Noted limerick writer
32 Costa —
33 Battery's "+" end
35 Pale brown
36 Crimson Tide st.
37 Cheviot mama
38 Sci. room
39 Muddle or plight
41 Hawks
43 Pig movie
44 Kind of school
45 Website clutter
46 Grave risks
48 Tube trophy
50 Lampoon
51 El —
54 Warning device
55 Not your usual pooches (2 wds.)
57 Did batik
61 Single time
62 Look happy
63 Centurion's moon
64 Look intently
65 Dinner guest
66 Barely scraped by

Down

1 Malt brew
2 Rig the fight
3 Left Bank friend
4 Domed building
5 — Gandhi
6 Mind's-eye view
7 Oats enthusiast
8 Gary's st.
9 Train follower
10 Springy
11 Fine sediment
12 To — — (exactly)
13 Nugent and Turner
19 Eye or planet
21 "A Boy Named —"
23 Padded envelope
24 Perchance (2 wds.)
25 Like DNA
26 Knight of the road
27 Swallows
29 Cream puff
30 Rich, as farmland
31 Goldberg et al.
34 Flat broke
40 Stereo component
41 Split
42 Thinner
43 Kind of cat
47 Hot time in Quebec
49 Dashboard info
50 Move crabwise
51 Cut short
52 Improve an edge
53 Livy's "Lo!"
54 Nasty mood
56 Ms. Thurman
58 — it up (have some laughs)
59 Helmsman's dir.
60 Informal parent

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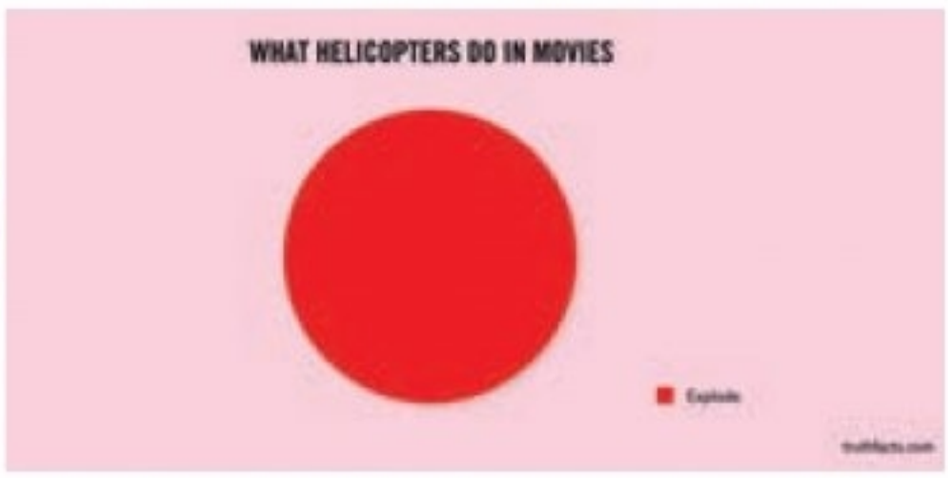

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easy

	6		8	9			3	
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					1	9		
5	2	6	4			8	9	
				5				
	7	9			3	5	1	4
		3	7					
1	5					4		
	9			6	5		2	

hard

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4			8					
8	6					2		
		4	6	3	8	9		2
2		6	9	1	4	5		
		9					2	6
					7			5
	4				9	7	1	

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POWERS: N/A
HISTORY:
The story of the Stepsons, background dancers for rap legend Daddy Morebucks, really begins after the group disbands. Entering an era when hip-hop got sick of bragging, frowning and gritting its' teeth, the identical twins went 'solo' (even though there were two of them) and ushered in a new time of happy-go-lucky party jams and dancy bubblegum rap with anthems such as "Can I Make my Momma a Plate?". After three gold albums, and a Parachute Pants Achievement Award in 1989, the twins hit mainstream appeal with a string of movies, "Basement Party" 1,2,3 and a direct-to-video fourth sequel starring a young Ice Trit in his first acting role as Lateef, The Gangsta Repairman.
After their series of movies, they licensed their image out to toys, snackfoods and a video game.
Later in their career, they donned a harder persona, signing a recording contract with Ice Tre' and Celcius Records, putting out one of the worst hip-hop albums of the era, "Move Your Feet or I'll Shoot You".
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"Top Chef" contestant Casey Thompson lent a hand to the world No. 1 tennis champ during the cooking demo. JACOB'S CREEK
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What's on Novak Djokovic's plate?

The tennis star shares what does (and doesn't) get served to him, plus a personal recipe.

EVA KIS
@thisiskis
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Does Novak Djokovic drink wine?

That seems like the sort of question that would be answered during a wine-tasting event at which he's the guest of honor. But Djokovic, who is in New York City for the next two weeks to defend his world No. 1 tennis title at the U.S. Open, abstained from the new Jacob's Creek Two Lands varietals at a recent event — even while cooking a personal recipe of pasta and shrimp.

Obviously, he's made of tougher stuff than the rest of us.

So what does go into that finely honed machine to make it run? Not gluten and dairy.

Djokovic's homeland, Serbia, is known for its pancakes; that and his family's pizza-focused restaurant meant "wheat was a part of my everyday life — we have bakeries around every corner."

Being surrounded by gluten took its toll, and he gave it up along with dairy five years ago. "I have a strong kind of sensitivity to gluten because of over-consumption of it," he says.

That eased once he stopped constantly eating it, and Djokovic can now indulge in the necessary evil/blessing of carbo-loading on pasta and rice before tournaments.

He also sticks mostly to plant-based proteins like mushrooms, whey, tofu and chickpeas.

Djokovic cooks with the same laid-back, playful attitude as he plays. And that's an example anyone can use to live healthier.

Recipe

Quinoa & Pomegranate Salad

Ingredients
For the salad:
- 1 cup quinoa
- 2 cups boiling water
- ¾ cup hazelnuts
- 1 small cucumber
- 1 pomegranate
- Small handful of fresh coriander

For the dressing:
- 1 lime
- 3 tbsp. olive oil
- 2 tbsp. sesame oil
- Salt

Optional ingredients for those not sticking to a professional tennis player's diet:
- 1 tbsp. tahini
- Pepper

Directions:

1 Rinse quinoa well under running water. Place in a pan with the boiling water and a little salt. Bring to a boil, then place the lid on the pan and let it simmer for 10 to 15 minutes until all the water has been evaporated, and the quinoa is fluffy.

PROVIDED

2 While the quinoa cooks, place the hazelnuts on a baking tray and roast them for 10 minutes in a 350-degree oven.

3 Slice the cucumber lengthwise into quarters, then eighths. Remove the seeds, then continue slicing into thin pieces.

4 Remove the seeds from the pomegranate. Squeeze all the juice into a separate bowl to be added to the dressing.

5 Finely chop the coriander. Mix the dressing together in a small bowl. Once the quinoa has cooked and cooled, place it in a bowl with the hazelnuts, pomegranate, coriander and cucumber, pour on the dressing and mix, adding salt and pepper to taste.

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GABRIELLE BERNSTEIN

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Gabrielle Bernstein is the author of "Spirit Junkie." Her new book, "Miracles Now," is in stores now.

Take your happiness with you into fall

Labor Day weekend can be bittersweet. It means summer is (unofficially) over, and it's time to get serious about work, schedules and the business of day-to-day life. This abrupt shift into the new season can be jarring to our nervous system and emotionally overwhelming — but that doesn't mean you have to trade a mellow attitude for stress and tension.

If you want to ease into things with a high-vibe attitude, you have to be mindful of the transition. Happiness is seasonless, so follow these five easy steps and carry your summer Zen into fall.

Hold onto that carefree feeling. ISTOCK

1 Ease into autumn. After summer's slowdown, you might be tempted to set your alarm extra early and go all-out. Resist the urge! Ease back into your fast-paced lifestyle. When you jump back in too fast, you shock your nervous system. Try not to overcommit in September, and get a lot of rest so that you can slowly transition back to a busy schedule.

2 Recommit to health. At the beginning of the summer, we often set powerful intentions to get healthy. We do fitness challenges, clean up our diets and try new healthy ventures. If you developed a wellness practice this summer — a new way of eating, workout routine or starting meditation — commit to another 90 days of it beginning the day after Labor Day. Recommitting to your practice will help keep the good energy flowing.

3 Start your day with high vibes. The back-to-business attitude of fall can make us feel bogged down as soon as the alarm buzzes. Instead, start your day with a mantra, a daily affirmation, a meditation or a practice. Do something mindful in the morning to set yourself up to win, even if it's simply lying in bed for a few minutes longer to start your day with grace.

4 Take advantage of the weather! Right after Labor Day, we pack away our bathing suits and bust out the scarves. Instead, let summer linger longer and savor the in-between time — when the mornings are a bit crisper, the afternoons mellow into languid warmth, and nights are cool enough to be comfortable — before fall really settles in. Take mini-vacations on the weekends and head to the beach when no one is there. Or road trip out to the country for a day to see the foliage while it's still warm out.

5 Bust the anxiety pattern with a breath break. The main reason people feel anxious after Labor Day is because they dive into old patterns and forget to breathe. We move so fast into the energy and speed of the back-to-school/work/holiday season that we forget to take mindful moments.

One of the simplest ways out of that anxious state is to reconnect to your breath. Simply inhale for five seconds, hold your breath for five seconds, then exhale for five seconds. Do this whenever you notice anxiety setting in. In any given moment, you can breathe your way back to peace.

Seasons of serenity

If you want to wrap up your summer with a jolt of inspiration, join me on Sept. 6 at the Surf Lodge for my talk and Kundalini yoga class, "How to Bring Serenity Into the Fall." Find all the details at **Gabbyb.tv/montauk**.

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SPORTS

Playing it cool

Eagles are not satisfied

Even with their preseason domination, the Eagles know it could be completely different when the season starts Sept. 14. "A lot of people do really good in the preseason and then in the regular season, they lay an egg," Brandon Graham said. "I don't think that's our team."

What does preseason success mean for Eagles?

NFL. Chip Kelly takes little pride or solace in the Eagles' ridiculous preseason success so far.

The Eagles have outscored their opponents 52-3 in the first quarter this preseason. / GETTY IMAGES

The Eagles lead all NFL teams in scoring this preseason, and it isn't even close.

In three wins (over the Colts, Ravens and Packers) Philly has scored 115 points. In second place are the Vikings, who have scored 88 in four games.

"We've scored a lot of points," Chip Kelly said. "But we are just trying to get better every day and improve as a group. I don't think people have game planned for us, nor have we game planned for them."

Scoring is great, and so is the offensive success — yielding the highest yardage total and most rushing yards of any team. But it really doesn't mean anything in August. It does, however, provide valuable information for Kelly and his staff as they begin to formulate the roster for the upcoming regular season.

"I think we are all trying to get guys opportunities we can teach them off field and for evaluation of guys," the coach said. "I am happy with it in certain situations but looking specifically, defensively the other night — those penalties. If that's a real football game, we had three major penalties on one drive. And one that negates a turnover. That can be a determining factor in winning a football game."

Sure, the Eagles beat Green Bay 39-26, with most of the Packers' points coming late in the game. But the first-team defense made its fair share, and then some, of 11 penalties, many costly.

But even without specifically game planning for the Packers, the Eagles' speed on offense seems to be confusing or hurting opposing defenses. Several critical defensive penalties have been assessed to the Birds' opposition while they have been able to move the ball quite fluidly, with Green Bay compiling 15 penalties for 128 yards Saturday.

The 90 men who began the summer in green and white will be whittled down to 75. And with so much success in camp for so many guys in the preseason, the showcase could help them find jobs elsewhere.

"This is a critical week because you have to go from 75 guys to 53," Kelly said.

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Tebow, Barkley prepare for final showdown in QB3 battle

NFL. The Eagles' final preseason game Thursday will make or break either Tim Tebow or Matt Barkley.

At least one of the Eagles' four quarterbacks will be cut next week. / CHARLES MOSTOLLER

Tim Tebow and Matt Barkley are good friends on and off the football field.

They are also in direct competition to take the third-string quarterback role with the Eagles into the regular season.

And with the final preseason game just days away and roster cuts shortly thereafter, the likelihood of both remaining in Philadelphia is very slim.

So as the Jets game approaches Thursday night, the pressure builds.

"You approach it the exact same," Tim Tebow said. "You try to focus. We don't game plan too much but you get studying, get ready to go get out there and compete."

Both Barkley and Tebow have their unique advantage in the competition to appear valuable to head coach Chip Kelly.

With Tebow, it's all about versatility. With his legs and overall strength, the quarterback has the body of a tight end and can make plays with his legs as well as his arm.

Quoted

"I always get excited, nervous anytime I step on the field — practice or a game."

Tebow

For Barkley, three seasons running Chip Kelly's offense has served him well and gives him his own sort of advantage.

"I have done this before," Barkley said. "I have played this position for a long time. I know what I am doing. It's not anything new to me, this offense is second nature to me now. My teammates know what we need to do. It's not like I am going into an unknown scenario."

For Tebow, a man known just as much for his dedication to his faith as for his play on the football field, there is no ill-will toward his competition. In fact, he cheers on Barkley in practice just as much as anyone as they battle to back up Sam Bradford and Mark Sanchez.

"You come out here and you compete," Tebow said. "You root for each other, you cheer each other on. That's something that comes from caring about people. Yeah, you're competing for something but you want to do it the right way, no matter what's on the line and what's at stake. Opportunities or positions are never more important than character."

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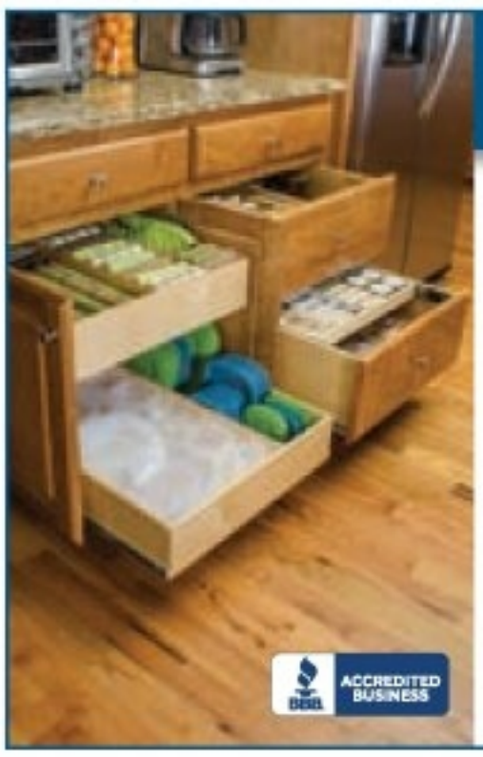

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MACNOW: NO CEILING TOO HIGH FOR THIS EAGLES TEAM

The Eagles' offense has been impressive during all three of their preseason games. / GETTY IMAGES

Macnow on the Eagles

"You saw it Saturday, when the Eagles got the ball at their own 8 with 55 seconds to go in the first half — already up 32-14. Any other NFL head coach would have ordered a few kneel-downs and contently jogged into the locker content. But not Chip."

This is the day I'm supposed to stand on the "everybody calm down" podium, spraying a cold-water hose over Eagles fans feverish expectations. Hey, it's just preseason, right? Nobody's game-planning, backups populate both sides of the football, and coaches show nothing of their real schemes.

Chillax, right? A dynamic August means nothing once real games begin. We learned that when Andy Reid's 2013 squad went 4-0 in practice games and then flailed through a 4-12 regular season.

Except something genuine and breathtaking is going on with Chip Kelly's offense that isn't a late-summer mirage. It starts, obviously, with Sam Bradford going 10-for-10 against Green Bay's first-unit defense and throwing TD passes on three different style routes.

It continues with DeMarco Murray finding and clearing a hole every time he is handed the ball. Hey, I was skeptical when LeSean McCoy was deposed to Siberia, but it's already clear Murray's style — as a runner and a pro — better fits Kelly's rapid-pace offense.

And it goes beyond that. All of the deconstruct-reconstruct that Kelly masterminded in the offseason has given this offense more weapons than Pentagon generals.

In a candid statement last week, the coach said he was frustrated last season by his lack of depth at skill positions.

"There were times when [I] was calling plays and thinking, 'Who is in the game?'" Kelly said. "The play call changed a little bit."

So the overhaul brought in Bradford, Murray, power runner Ryan Mathews and first-round receiver Nelson Agholor. Pair them with rising star Jordan Matthews, timeless touchdown threat Darren Sproles and a posse of tight ends, and the Eagles may have the deepest group of ball-handling players in the NFC. They can mix and match and stay fresh while running an up-tempo offense that exhausts and baffles opposing defenses.

If it all works — and indications so far are that Kelly is conducting a symphony out there — there is no ceiling for this year's team. That title drought that began when your dad was a teenager in 1960 could finally be over.

As I see it, there are two things that can derail this bandwagon. The first are a few concerns on defense. Neither DeMeco Ryans nor Kiko Alonso has yet shown anything coming off injury. Eric Rowe, a talented second-rounder, seems a bit confused out there in coverage.

The bigger concern, of course, is an injury epidemic. Kelly gambled by signing so many health risks, trusting his sports science and sleep regimen. We've seen preseason carnage damage the hopes of the Packers (Jordy Nelson), Cowboys (Orlando Scandrick) and Giants (seemingly every defensive back, plus one fireworks-juggling lineman).

I can't predict injuries. But I can note that the Eagles' Vegas odds to win the Super Bowl have increased from 15-1 to 10-1 in just two weeks.

By the way, that game will be played next February 7 in Santa Clara, California. I'm already scouting out hotel rooms.

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